

DOULA VS MIDWIFE

Who's who on your birth team?

DOULAS

Trained professional that provides emotional, physical, and informational support to the birthing person and their birth partner

Does not provide medical care but offers nonmedical techniques (ex. acupressure, massages, rebozo work, position changes, etc.) to assist the patient during labor

Supports all types of births (home, hospital, birth centers)

Provides resources and support in creating a birth plan and advocating for the birthing person's wishes

Focuses on giving continuous non-judgemental support before, during, and after childbirth

May be covered by HUSKY; certain private insurance companies offer benefits depending on the plan

MIDWIVES

Healthcare professional that provides comprehensive medical care throughout pregnancy, labor, and the postpartum period

Can provide medical care, manage pregnancies and deliveries, prescribe medications, and handle complications during the birthing process

Usually works with low-risk pregnancies; works in hospitals, homes, and birth centers

Collaborates with other healthcare providers to ensure safe, evidence based care

Provides health care for women in all stages of life including care for the new baby, annual exams, birth control planning, menopause, and health counseling

Often covered by insurance but depends on the plan

HEALTH EQUITY FROM THE START

****This fact sheet specifically refers to birth doulas and does not encompass the full scope of responsibilities and services provided by midwives.**

